



Pappardelle with Arugula and Prosciutto

READY IN



30 min.

SERVINGS



4

CALORIES



485 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 cups arugula thick trimmed
- ☐ 4 servings pepper black freshly ground
- ☐ 0.3 cup chives fresh chopped
- ☐ 4 servings kosher salt
- ☐ 2 leek white halved lengthwise thinly sliced
- ☐ 2 teaspoons lemon zest finely grated plus more for serving
- ☐ 2 tablespoons olive oil
- ☐ 0.5 pound pappardelle
- ☐ 0.3 cup parmesan finely grated plus more for serving

- ☐ 3 ounces pancetta
- ☐ 2 tablespoons butter unsalted

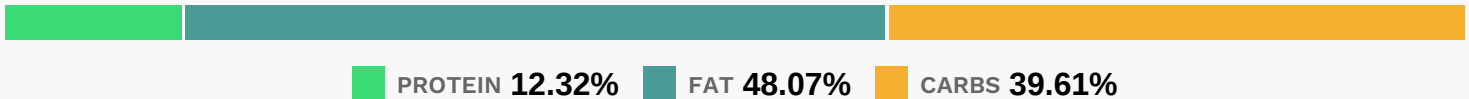
Equipment

- ☐ pot

Directions

- ☐ Cook pasta in a large pot of boiling saltedwater, stirring occasionally, until al dente.
- ☐ Drain, reserving 2 cups pasta cooking liquid.
- ☐ Meanwhile, heat oil and butter in a largeheavy pot over medium heat.
- ☐ Add leeks andcook, stirring often, until softened but notbrowned, 5–8 minutes.
- ☐ Add pasta, chives, 2 teaspoons lemon zest,and 3/4 cup pasta cooking liquid. Cook,tossing and adding more cooking liquid by1/4–cupfuls as needed, until a glossy sauceforms that coats pasta, about 4 minutes.
- ☐ Add arugula and 1/3 cup Parmesan, seasonwith salt and pepper, and toss to combine.
- ☐ Add prosciutto and toss again. Top pastawith more lemon zest and Parmesan.
- ☐ Per serving: 450 calories, 20 g fat, 3 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:18.96, Inflammation Score:-8, Nutrition Score:18.529565406882%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg Kaempferol: 8.42mg, Kaempferol: 8.42mg, Kaempferol: 8.42mg, Kaempferol: 8.42mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 484.74kcal (24.24%), Fat: 26.08g (40.12%), Saturated Fat: 9.47g (59.16%), Carbohydrates: 48.34g (16.11%), Net Carbohydrates: 45.15g (16.42%), Sugar: 3.37g (3.75%), Cholesterol: 82.38mg (27.46%), Sodium: 495.32mg (21.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.04g (30.08%), Selenium: 51.44µg (73.48%), Vitamin K: 53.33µg (50.79%), Manganese: 0.79mg (39.49%), Vitamin A: 1609.32IU (32.19%), Phosphorus: 254.48mg (25.45%), Calcium: 183.78mg (18.38%), Folate: 67.89µg (16.97%), Magnesium: 62.48mg (15.62%), Vitamin B6: 0.31mg (15.53%), Iron: 2.56mg (14.22%), Vitamin C: 11.08mg (13.43%), Vitamin E: 1.99mg (13.29%), Vitamin B1: 0.2mg (13.12%), Copper: 0.26mg (12.8%), Fiber: 3.19g (12.74%), Vitamin B3: 2.33mg (11.66%), Zinc: 1.74mg (11.6%), Potassium: 354.13mg (10.12%), Vitamin B5: 0.84mg (8.43%), Vitamin B2: 0.13mg (7.81%), Vitamin B12: 0.38µg (6.38%), Vitamin D: 0.4µg (2.68%)